

ABSTRACT OF THE INVENTION

[0026] A balancing board allowing for selection of a desired degree of stability is disclosed. The balancing board has a platform and a hemispherical fulcrum slidably mounted to platform and bifurcated into a pair of pivot members. Each pivot member is independently positionable along an underside of the platform opposite of an engagement surface upon which a user positions themselves to practice balancing training techniques. When the pivot members are slid together, the balancing board is freely pivotable about any axis in the plane of the surface on which the pivot members are resting. Conversely, when the pivot members are spaced apart from each other, the balancing board resists pivoting in a direction aligned with the axis along which the pivot members are slidable.